**WALKING WITH WILL**

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# CLEAN COFFEE GUIDE

*5 Rules for a Better Cup*

Most people optimize their coffee for flavor.
This guide optimizes it for what happens inside your body
from the moment you wake up to the last sip.

# 5 RULES FOR A CLEANER CUP

## 1 WATER FIRST

You wake up dehydrated and low on minerals. Before anything else: a big glass of water with a pinch of sea salt, electrolytes, and a squeeze of lemon. Coffee is a diuretic. Starting with water rehydrates your cells, kickstarts digestion, and gives your kidneys something to work with before the caffeine hits. This one habit changes how the rest of your morning feels.

## 2 PROTEIN BEFORE COFFEE

Coffee on an empty stomach spikes cortisol and blood sugar, which sets up the afternoon crash and throws off your sleep rhythm. Caffeine is more effective when adenosine has had time to build up - roughly 90 to 120 minutes after waking. Get some protein in first. It buffers the cortisol spike, stabilizes blood sugar, and makes the caffeine hit cleaner and last longer. My go-to is South African biltong. Everyone thinks it is gross. Everyone is wrong.

## 3 BREW WITHOUT PLASTIC

Most coffee makers run hot water through plastic tubes, reservoirs, and baskets every single morning. Heat is what makes plastic leach. BPA-free does not mean chemical-free - it just means they swapped one plasticizer for another. The fix is simple: use a brewer where your water and coffee only touch glass and stainless steel.

→ Simply Good Coffee "The Brewer" - Buy at Costco

## 4 CLEAN BEANS

Conventional coffee is one of the most heavily sprayed crops in the world. Most is grown in countries with minimal pesticide regulation. On top of that, coffee is often stored in warm, humid conditions where mold and mycotoxins develop. Mycotoxins are the real issue - they are linked to brain fog, fatigue, and hormonal disruption, and they survive the roasting process. Buy organic brands that are third-party tested for mold, mycotoxins, pesticides, and heavy metals. There are only a few that actually do this.

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## ICED ON THE GO

Most paper to-go cups are lined with a thin plastic coating to prevent leaking. One study found that a hot drink sitting in one of these cups for 15 minutes released around 25,000 plastic particles into the drink. Cold drinks leach far less than hot ones because heat is the main driver of plastic migration. Out and about, order it iced. Simple swap, meaningfully less exposure.

**The order matters:**

Water + electrolytes on waking. Protein 30-60 minutes later. Then coffee. That sequence - water, protein, coffee - is the whole protocol. Everything else in this guide makes each cup cleaner once you are ready for it.

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# RECOMMENDED BRANDS

These are the specific products I use and recommend. The brewer and bean brands below have been vetted for the criteria in the 5 rules - no plastic in the brew path, and third-party testing on the beans.

## The Brewer

The Simply Good Coffee brewer is built so that water only ever contacts glass and stainless steel - no plastic anywhere in the brew path. No BPA, no BPS, no alternative plasticizers. It brews at the correct temperature and makes a genuinely good cup. This is the one I use every morning.

### Simply Good Coffee - The Brewer

Plastic-free brew path - water only touches glass and stainless steel

→ Buy at Costco

## The Beans

All three brands below are organic and third-party tested. They differ in what they test for and how aggressively they market that testing. Purity is the most rigorous. Fabula and Lifeboost are both solid and more widely available.

### Fabula Coffee

Organic, low acid, third-party tested for mold and pesticides. Good entry point - well priced and easy to find.

→ Buy on Amazon

### Purity Coffee

The most rigorous testing protocol of any coffee brand - mold, mycotoxins, pesticides, and heavy metals. Roasted specifically to maximize antioxidant content. If clean beans are the priority, this is the top pick.

→ Buy on Amazon

### Lifeboost Coffee

Low acid, shade grown at high altitude, third-party tested. Single origin. Good option for people with acid sensitivity or those who want a smoother cup alongside the clean credentials.

→ Buy on Amazon

*These recommendations reflect what I personally use as a holistic health practitioner. I have no paid relationship with any of these brands. Buy what fits your budget and makes sense for where you are at. Any of these is a meaningful upgrade from a standard grocery store bag brewed in a plastic machine.*

# ENJOY THE CUP. PROTECT THE BODY.

Small swaps. Real difference. Every morning.

None of these rules are complicated.
Water first. Protein before coffee.
Plastic-free brewer. Clean beans.
Iced when you are on the go.

That is it. Five habits that take your morning routine from a slow cortisol spike to an actual health practice.

Share it with whoever needs it.

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